



HEALTH CHECK

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WHO NEEDS A WELL CHILD CHECK-UP?



Regular Health Check exams can find problems and treat them before they get worse.

If your child is enrolled in EqualityCare, he or she can get FREE Well Child **Health Check** Exams, these exams help keep your children healthy.



Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.

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What is included in a well child health check?

- ⇒ A head to toe physical exam (unclothed)
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia (blood test)
- ⇒ Tests for lead
- ⇒ Height and weight
- ⇒ Developmental tests to screen for autism and other related conditions
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Special points of interest:

- Well Child Check-Ups
- **Dental Care**
- Important Telephone Numbers
- Transportation Program

DENTAL CARE

Your child should have his/her first dental visit by age one, no later than age three. You should repeat the visits every six months or as indicated by the dentist from age one through age 20.

During the first visit the dentist will examine and clean your child's teeth. Recommendations will be made for any necessary treatment and the next appointment will be scheduled. The dentist may discuss the need for fluoride supplements and provide a prescription if necessary. You will also be given information or instruction on oral hygiene care and diet for your child. Your child should be weaned from the bottle and the "sippy cup" by age one. Cleaning the infant's mouth should start before the teeth appear. Use a clean damp wash cloth over your finger to gently clean milk from mouth. As the teeth start to come in use a small soft bristle toothbrush to clean the teeth. Wet the bristles with water. Do not use toothpaste until the child is old enough not to swallow the toothpaste. These procedures will be repeated or reviewed at each visit from 12 to 24 months.



Good habits for healthy teeth start at an early age



During dental visits from age 2 years to 20 years examinations, cleaning, and fluoride treatments will be repeated. Radiographs (x-rays) may be taken if indicated to evaluate your child's treatment needs. It is important to keep scheduled appointments to complete any necessary treatment. The dentist may determine that dental sealants are needed on your child's primary (baby) or permanent teeth. Dental sealants are applied to the occlusal (chewing surfaces) of the back teeth. These sealants help prevent tooth decay. The dentist may also discuss limiting sugar, thumb sucking, and use of mouth guards to prevent injuries to teeth as well as the benefits of offering healthy snacks to your children.

TOOTH BRUSHING TECHNIQUES

Brush your child's teeth at least twice a day with a soft bristle toothbrush. When using toothpaste, use only a small or "pea" size amount of fluoride toothpaste. The dentist or dental hygienist will show you the correct way to brush and floss your child's teeth. Most children younger than 8 years will need the assistance of an adult to floss their teeth.

As a teenager, your child will at times neglect her/his teeth and gums. Gum tissue will become infected and may bleed when brushed. To maintain healthy teeth and gums, your child needs to brush twice and floss once daily to remove harmful bacteria (germs).

The pictures below show positioning of the toothbrush and using dental floss



PREVENTIVE DENTISTRY

Why is preventive dentistry important and when should you start?

According to the American Academy of Pediatric Dentistry, preventive dentistry means a healthy smile for your child. Children with healthy mouths chew more easily and gain more nutrients from the foods they eat. They learn to speak more quickly and clearly. They have a better chance of general health, because disease in the mouth can endanger the rest of the body. A healthy mouth is more attractive, giving children confidence in their appearance. Preventive dentistry should begin with the first tooth. Visit your pediatric dentist when the first tooth comes in. You will learn how to protect your infant's dental health. The earlier the dental visit, the better the chance of preventing dental disease and helping your child belong to the cavity-free generation.

Preventive dentistry for children includes:

brushing - dental development - flossing -
fluorides - oral habits - orthodontics -
parent involvement - proper diet - sealants
- sports safety



FLUORIDE TREATMENTS, DENTAL SEALANTS AND REGULAR CHECK-UPS



- Fluoride strengthens the teeth and helps prevent tooth decay. Your dentist may prescribe fluoride supplements for your child, if your drinking water does not have enough fluoride. Your child may also receive fluoride treatments during their regular check up.

- Dental sealants protect the chewing surfaces of the back teeth from tooth decay. When your child's first permanent molars start coming in, ask your dentist about dental sealants.
- Your child should visit the dentist every six months for a check up.



TRANSPORTATION PROGRAM

1. Transportation call center agents are required to document the appointment dates and times for each travel request. This information will assist in determining if overnight stays should be provided.
2. Emergency Fund requests will be granted for \$100 or more in an emergency situation. Emergency Funds will not be given if the transportation reimbursement is less than \$100.
3. When a client requests emergency funds and the reimbursement amount is \$100 or more, the transportation call center agents are required to contact the provider to verify the appointment is scheduled. Once this verification has occurred the agents will notify the client's DFS office.
4. Providers will be contacted to verify attendance of appointments. If an appointment is not attended, notify the transportation call center immediately.

EFFECTIVE MAY 1, 2008:

1. Emergency fund requests will be limited to one (1) per 30 days per client (not per family).
2. If the client requested overnight stays, a copy of the hotel receipt with their Travel Authorization Confirmation Packet or Emergency Travel Authorization Confirmation Packet is required.
3. All verifications must be the original documents (no copies or faxes) and must include client name, appointment date and time and signed by the physician, nurse, receptionist/biller, or office manager. Please keep a copy for your records. The EqualityCare Client Travel Verification Form will not be included in the Travel Authorization Confirmation Packets after May 1, 2008. The only verification forms that will be accepted by the transportation call center will be the following:
 - A. The original physician or facility's Super Bill given at the time of check-out.
 - B. Verification information on physician or facility letterhead.
 - C. Verification information on the physician or facility's tamper resistant Rx pad.

EFFECTIVE JULY 1, 2008: The transportation mileage was increased from \$0.18 to \$0.26.

IMPORTANT CONTACT INFORMATION: Transportation Call Center — 1-800-595-0011 — M-F 9 am - 5 pm MST



WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?

Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**.



It is best to establish a "medical home", a place where they know your child's history. Find a place in your area to provide this medical home. For Dental exams, make an appointment with a dentist in your area.

MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years ✓ 5 years
- ✓ 4 years ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.
- For Health Management questions, call *HealthyTogether!* At 1-888-545-1710 to talk to a nurse 24 hours a day.



For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** KidCare CHIP is not an EqualityCare Program*

Visit our website at
<http://wdh.state.wy.us/healthcarefin/index.html>



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote,
protect and enhance the health
of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.

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YOUR HEALTH CHECK NEWSLETTER



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